



S R D A
MEALS ON WHEELS MENU
December 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Dec	2-Dec
			Meatloaf w/ Gravy (13) Mashed Winter Squash (25) Seasoned Spinach (5) Beef Barley Soup (12) Ambrosia(18) Milk (12) / Cracker (5) Calories: 820 Carbs: 90g Fiber: 11g Protein: 47g Fat: 35g Sodium: 1010mg	Fish w/Mango Basil Sauce (3) Vegetable Couscous (17) Green Bean Almondine (7) Dinner Roll w/Marg (22) Fruit Cup w/ Grapes (16) Milk (12) / Fig Bar (41) Calories: 820 Carbs: 119g Fiber: 12g Protein: 47g Fat: 25g Sodium: 795mg
5-Dec	6-Dec	7-Dec	8-Dec	9-Dec
Mesquite Roasted Turkey (1) Browned Potatoes & Onions (25) Candied Carrots & Parsnips (18) Dinner Roll w/ Margarine (22) Pumpkin Mousse (44) Milk (12) Calories: 945 Carbs: 122g Fiber: 10g Protein: 61g Fat: 30g Sodium: 1195mg	Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Honeydew (13) Milk (12) Calories: 830 Carbs: 112g Fiber: 11g Protein: 37g Fat: 31g Sodium: 1120mg	Chicken a la Orange (17) Herbed Rice (24) Roasted Brussel Sprouts (8) Dinner Roll w/Margarine (22) Hummingbird Cake (42) Milk (12) / Vegetable Soup (12) Calories: 1005 Carbs: 137g Fiber: 10g Protein: 51g Fat: 35g Sodium: 990mg	Cheese Enchilada (33) Hacienda Corn & Black Beans (2) Ratatouille (7) Pozole (10) Sliced Apples (10) Milk (12) Calories: 780 Carbs: 97g Fiber: 14g Protein: 40g Fat: 29g Sodium: 1200mg	Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Dinner Roll w/Margarine (22) Orange, Beet & Spinach Salad (9) Diced peaches (14) Milk (12) Calories: 620 Carbs: 73g Fiber: 11g Protein: 32g Fat: 28g Sodium: 1165mg
12-Dec	13-Dec	14-Dec	15-Dec	16-Dec
Sloppy Joe Sandwich (19) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (4) Mandarin Oranges (25) Milk (12) Calories: 725 Carbs: 97g Fiber: 11g Protein: 38g Fat: 25g Sodium: 1065mg	Roast Beef w/ Rosemary Au Jus (19) Blue Cheese Potatoes (27) Broccoli Florets (5) Roasted Beets (11) Dinner Roll w/ Margarine (22) Milk (12) / Fruit Parfait (14) Calories: 905 Carbs: 92g Fiber: 13g Protein: 43g Fat: 47g Sodium: 1080mg	Frittata (4) Fall Harvest Couscous (25) Garden Vegetable Soup (8) Oatmeal Cookie (15) Apple Slices (22) Milk (12) / Crackers (5) Calories: 765 Carbs: 92g Fiber: 11g Protein: 34g Fat: 33g Sodium: 815mg	Cajun Pork Roast (1) Cheesy Grits (17) Green Bean Medley (9) Pear Crisp (31) Dinner Roll w/ Margarine (22) Milk (12) / Fresh Banana () Calories: 1050 Carbs: 121g Fiber: 12g Protein: 44g Fat: 51g Sodium: 775mg	Pueblo Green Chili (9) Scandinavian Mixed Veggies (11) Mexican Corn (19) Waldorf Salad (16) Tortilla (18) Milk (12) / Yogurt w/ berries (14) Calories: 740 Carbs: 105g Fiber: 10g Protein: 43g Fat: 25g Sodium: 615mg
19-Dec	20-Dec	21-Dec	22-Dec	23-Dec
Beef Tips w/ Mushroom Gravy (12) Scalloped Potatoes (15) Lima Beans & Carrots (12) Dinner Roll w/Marg (22) Tapioca Pudding (25) Milk (12) / Berries & Pineapple (10) Calories: 745 Carbs: 108g Fiber: 11g Protein: 44g Fat: 20g Sodium: 800mg	Baked Ham w/Glaze (11) Roasted Red & Swt Potatoes (19) Green Beans Almondine (7) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Milk (12) / Dinner Roll w/Marg (22) Calories: 730 Carbs: 111g Fiber: 10g Protein: 38g Fat: 22g Sodium: 1070mg	Chicken Alfredo w/pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 885 Carbs: 101g Fiber: 10g Protein: 51g Fat: 36g Sodium: 830mg	Pueblo Beef Stew (17) Cilantro Rice (18) Calabacitas (6) Cornbread (42) Oranges w Whip Topping (18) Milk (12) Calories: 905 Carbs: 129g Fiber: 10g Protein: 48g Fat: 29g Sodium: 690mg	BLT Sandwich on WW Bread (27) Broccoli Salad (11) Fresh Banana (18) Blueberry Yogurt (22) Milk (12) Calories: 740 Carbs: 91g Fiber: 7g Protein: 30g Fat: 30g Sodium: 1160mg
26-Dec	27-Dec	28-Dec	29-Dec	30-Dec
 (frozen meal to be delivered 12/23) No Meal Service Today	Chicken Scallopini (5) Rice Pilaf (17) Italian Vegetable Toss (17) Veg Florentine Soup (13) Apple Fruit Cup (12) Milk (12) / Crackers (5) Calories: 735 Carbs: 85g Fiber: 10g Protein: 37g Fat: 30g Sodium: 895mg	Beef Pot Pie (23) Seasoned Spinach (5) Corn O'Brien (12) Pineapple Tid Bits (10) Butterscotch Blondie (54) Milk (12) Calories: 1025 Carbs: 135g Fiber: 13g Protein: 38g Fat: 42g Sodium: 815mg	Pecan Crusted Cod (21) Orzo (34) Peas & Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice () Calories: 1055 Carbs: 136g Fiber: 11g Protein: 54g Fat: 39g Sodium: 965mg	Chili Con Carne (23) Spanish Rice (20) Seasoned Squash (4) Chilled Apricots (21) Cornbread w/Margarine (42) Milk (12) Calories: 875 Carbs: 122g Fiber: 12g Protein: 39g Fat: 32g Sodium: 1045mg



IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.

MENUS ARE SUBJECT TO CHANGE	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	In order to prevent waste, we are on a Reservation System . To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M. YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100 For Important Nutrition Information, Please Turn Menu Over
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Consumers attending the congregate meal sites shall be advised and informed to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that causes a temporary suspension of services. If feasible and determined by the Area Agency on Aging in their area plan, emergency meal packages may be provided.